

## Matumizi ya Barakoa za Nguo ili Kupunguza Usambaaji wa COVID-19

Ikiwa unahitaji kuondoka nyumbani kwako, vaa barakoa ya nguo.

Idara ya Afya inapendekeza kwamba wakazi wote wa Vermont wavae barakoa za nguo wanapokuwa nje ya nyumba ili kupunguza usambaaji wa COVID-19. Ushauri huu unatokana na data mpya kuhusu jinsi ambavyo COVID-19 inaweza kusambaa kabla ya mtu kuwa na dalili zozote. Barakoa inasaidia kuwalinda watu wengine walioko karibu nawe ikiwa umeambukizwa na hujui kwamba umeambukizwa.



Uvaaji barakoa ni tahadhari nyingine inayoweza kupunguza usambaaji wa COVID-19 – **na si mbadala wa kujitenga kiumbali na watu wengine na njia nyingine za kujikinga.** Bado unahitaji kukaa angalau futi 6 mbali na watu, hata unapokuwa umevaa barakoa

Barakoa za nguo zinazopendekezwa **sio** zile zinazotumika kwenye upasuaji au vipumulio vya N-95. Aina hizi za barakoa ni bidhaa muhimu ambazo lazima ziachwe kwa ajili ya wahudumu wetu wa afya na watu wa mwitikio wa mwanzo. Tafadhalii tengeneza barakoa zako mwenyewe ukitumia vifaa vya nyumbani (angalia mengi zaidi kuhusu hili katika ukurasa wa nyuma).

<b>Mifano ya nyakati gani za kuvaa barakoa</b>	<b>Mifano ya nyakati ambazo huhitaji kuvaa barakoa</b>
Unapoenda kwenye duka la vyakula, duka la dawa, kumuona daktari au hospitali	Unapoenda kutembea kwenye msitu au mtaani kwako. Lakini beba barakoa kwa akiba pengine utakutana na watu wengine na kusimama ukazungumza nao
Wafanyakazi muhimu walioko duka la vyakula, duka la dawa, au mazingira ya biashara nyingine ambapo watu hawawezi kukaa angalau umbali wa futi 6 baina yao na watu wengine	Nyumbani, kama kila mtu aliye nyumbani hana dalili
Nyumbani ikiwa unaumwa na kuna watu wengine nyumbani	Unapoenda kukimbia katika njia ya waendesha baiskeli, ikiwa hakuna watu wengi
Wafanyakazi wa nyumbani wanaowatunza watu wasiojiweza	<p>Nani hapaswi kuvaa barakoa kamwe:</p> <ul style="list-style-type: none"> <li>• watoto wenye umri chini ya miaka 2</li> <li>• mtu yeyote aliye na matatizo ya kupumua, au amepoteza fahamu</li> <li>• mtu yeyote ambaye hawezi kuvua barakoa bila usaidizi</li> </ul>
Unapopanda basi, teksi, au kuwa kwenye gari linalobeba watu wengi	
Unapotembea katika barabara yenyeye shughuli nyingi au watu wengi	

### Je, barakoa ni nini?

Barakoa ni nguo yoyote salama (kama bandana au skafu) inayofunika mdomo na pua yako.

### Kwanini mnapendekeza hili sasa hivi?

Kuna mambo mengi ambayo bado tunajifunza kuhusu COVID-19. Hata hivyo, ushahidi unaongezeka kwamba watu ambao hawana dalili wanaweza kueneza virusi, na kwamba majimaji yanayotoka mtu anapopumua, kuzungumza, au kusafisha koo lako vinaweza kueneza COVID-19 kutoka kwa mtu mmoja hadi mwengine. Tunaendelea kufikiria kwamba kukaa nyumbani na kujitenga kiumbali na watu wengine na kudumisha usafi wa mikono ndizo njia bora zaidi za kukomesha usambaaji wa COVID-19. Kwa kupendekeza kwamba wakazi wa Vermont watumie barakoa, tunapiga hatua moja nyingine ya kupunguza usambaaji.

## Jinsi ya kuvali barakoa ya nguo:

Barakoa za nguo zinapaswa —

- kufungwa vizuri pembedi mwa uso.
- zifungwe kwa vifundo au vitanzi nya sikio.
- ziwe na tabaka nyingi za vitambaa vilivyopangwa juu kwa juu.
- ziruhusu kupumua bila kizuizi.
- ziweze kuoshwa na kukaushwa kwa mashine bila kuharibika au kubadilika umbo.

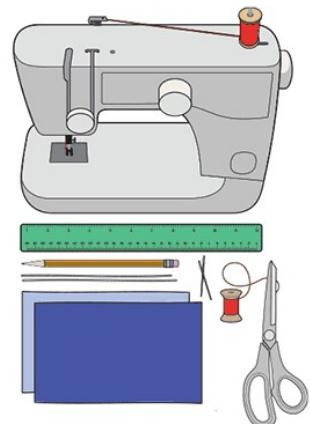


## Osha barakoa kila siku, kwa mikono au mashine, ukitumia sabuni ya unga/maji.

Mashine ya kufua inafaa kufulia barakoa vizuri. Hakikisha kwamba imekauka kabisa kabla ya kuitumia. Unapaswa kuwa na barakoa kadhaa ili uweze kubadilisha unapoosha.

## Londoe na uiweke vizuri na salama.

- Usiguse macho, pua na mdomo wako unapoiondoa.
- Nawa mikono haraka baada ya kuiiondoa.
- Usiiweke katika sehemu ambapo watu wengine wanaweza kuigusa au juu ya kaunta au meza.



## Tengeneza yako.

CDC ina maelekezo ya kutengeneza barakoa zako kwa njia mbalimbali, ikiwemo kushona kwa mashine au kwa mkono, njia ya kutoshona kwa kutumia tisheti na mkasi, na njia ya kutoshona ukitumia bandana. Hiki ndicho kiungo-wavuti cha CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Maelezo zaidi yanapatikana kwenye tovuti yetu:

[www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## Using Cloth Face Coverings to Help Slow the Spread of COVID-19

If you need to leave your home, wear a cloth face covering.

The Health Department recommends that all Vermonters wear cloth face coverings when outside of the home to help slow the spread of COVID-19. This advice is based on new data about how COVID-19 can spread before a person has any symptoms. A mask helps protect others around you if you are infected and don't know it.

A face covering is one more precaution we can take to help slow the spread of COVID-19 – and is **not a substitute for physical distancing and other prevention measures**. You still need to stay at least 6 feet away from people, even when wearing a face covering.



The cloth face coverings recommended are **not** surgical masks or N-95 respirators. These types of masks are critical supplies that must be reserved for our health care workers and first responders. Please make your own face coverings with household items (see more on the back).

Examples of when to wear a face covering	Examples of when you don't need to wear a face covering
Trips to the grocery store, pharmacy, doctor or hospital	Going for a walk in the woods or in your neighborhood. But bring one in case you encounter other people and stop to chat
Essential workers at a grocery store, pharmacy, or other business setting where they cannot maintain at least 6 feet distance between themselves and others	At home, if everyone in the home isn't showing symptoms
At home if you are sick and have other people in the house	Going for a run on the bike path, if it's not too crowded
Home care workers caring for vulnerable populations	Who should never wear a mask: <ul style="list-style-type: none"> <li>• children under the age of 2</li> <li>• anyone who has trouble breathing, or is unconscious</li> <li>• anyone who is unable to remove the mask without assistance</li> </ul>
Riding the bus, taxi, or ride share	
Walking on a busy and crowded street	

## What is a face covering?

A face covering is any well-secured cloth (like a bandana or scarf) that covers your mouth and nose.

## Why are you recommending this now?

There is a lot we are still learning about COVID-19. However, there is increased evidence that people without symptoms may be able to spread the virus, and that droplets produced when breathing, speaking, or clearing your throat may spread COVID-19 from person-to-person. We continue to think staying home and practicing physical distancing and good hand hygiene are the most important ways to stop the spread of COVID-19. By recommending that Vermonters use a face covering, we are adding one more action to help reduce the spread.

## How to wear a cloth face covering:

Cloth face coverings should —

- fit snugly but comfortably against the side of the face.
- be secured with ties or ear loops.
- include multiple layers of fabric.
- allow for breathing without restriction.
- be able to be laundered and machine dried without damage or change to shape.

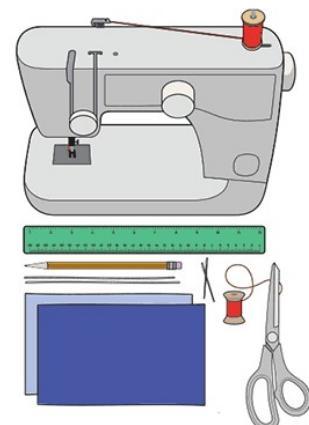


## Clean cloth face coverings daily, by hand or machine, using detergent.

A washing machine should suffice to properly wash a cloth face covering. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

## Remove and store it properly and safely.

- Do not touch your eyes, nose and mouth when removing it.
- Immediately wash your hands after removing it.
- Don't put it where others can touch it or on counter tops or tables.



## Make your own.

CDC has [instructions on making your own coverings](#) in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors, and a no-sew method with a bandana.

For more information, visit [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19).